

Why Did She Jump?

***My Daughter's Battle
With Bipolar Disorder***

***Joan E. Childs,
LCSW***



Why Did She Jump My Daughters Battle With Bipolar Disorder

Mike Jess



Why Did She Jump My Daughters Battle With Bipolar Disorder:

Why Did She Jump? Joan Childs, 2014-06-16 Six million people in America suffer from bipolar disorder Joan Child's daughter Pamela suffered from the disorder bouncing from doctor to doctor in search of treatment Yet the demons great louder and on a summer day in July 1998 the same day that the Oprah Winfrey Show aired a segment on bipolar disorder Joan Childs 34 year old daughter leaped to her death from the window of her father's 15 story apartment An Angel to Remember is her mother Joan's haunting story of grief and guilt yet it is a beautiful story of love and the courage to find peace and purpose once again

Success Stories from the Heart Gary Seidler, Peter Vegso, 2019-02-05 To commemorate HCI's 40th anniversary many of its most loved and revered authors have contributed personal stories of lifechanging events in Success Stories from the Heart Poignant and inspiring from cover to cover these authors generously share their personal journeys to find truth the unexpected discoveries they made along the way and the spiritual renewals they experienced as a result A brave and mighty volume Success Stories from the Heart bares their souls and tells the stories of not only their own lives but of the many lives they've touched Each contributing author in this extraordinary book has played a pivotal role in the advancement of mental health services and personal transformation They coined the phrases they made the discoveries they are the vanguards who brought us a deeper understanding of the issues that affect us our families our communities and every one of our relationships They are the true indispensable guides and mentors who rescue us from ourselves and each other that teach us better more fulfilling ways to live These stories chronicle experiences that go beyond the educational realm past office visits and therapy sessions and brought them deep into the tender realm of the heart They are the encounters that blurred the lines and made their work personal the hopes and tears of their careers the indelible scars that belie their commitment to do whatever it takes to make a difference It is this blending of personal and professional life that births wisdom that connects people and heals a hurting world Let Success Stories from the Heart inspire you it's a celebration of 40 momentous years and a thrilling celebration of life

Shut Up About Your Perfect Kid Gina Gallagher, Patricia Konjoian, 2010-08-03 **AUTHORS DISCLAIMER** We are not in any way experts on parenting children with disabilities Our goal is simply to share strategies that have worked for each of us in the event it may help those in a similar situation If you're different from us i.e. you are bright or of the perfect persuasion we advise you not to try the following at home On a perfection preoccupied planet sisters Gina and Patty dare to speak up about the frustrations sadness and stigmas they face as parents of children with disabilities one with Asperger's syndrome the other with bipolar disorder This refreshingly frank book which will alternately make you want to tear your hair out and laugh your head off should be required reading for parents of disabled children Shut Up About Your Perfect Kid provides wise and funny advice about how to Find a support group either online or in your community Ensure that your child gets the right in school support Deal with people be they friends family members or strangers who say or do insensitive things to you or your child Find fun safe and

inclusive extracurricular activities for your child Battle your own grief and seek professional help if you need it Keep the rest of the family intact in moments of crisis **Breaking the Silence** Stephen P. Hinshaw,2008-01-08 People with mental illness are far too often subjected to discrimination and unfair treatment It is particularly unfortunate that much of this stigmatization comes from the very people they depend upon for help those in the mental health professions Too many practitioners and scientists maintain us versus them attitudes and are extremely reluctant to admit any personal or family experiences of mental illness This culture of concealment must change and this book will change it A groundbreaking collection of moving and inspiring stories of serious mental disorder from trainees clinicians and scientists in the mental health professionals Breaking the Silence is the first book to reveal the deep commonalities between patients and professionals With an unprecedented level of honesty and disclosure the contributors tell their own and their families stories of mental disorder Renowned psychologist Steve Hinshaw who previously disclosed his own family s struggles with misdiagnosed bipolar disorder and who has synthesized the world literature on the stigma of mental illness integrates synthesizes and provides perspective on these revealing stories As they relate their personal and family histories the contributors also describe the serious impairments that can accrue the strength and courage that can be derived and the influence these experiences have had on their own decisions to enter the mental health field Moving in its honesty frank in its disclosures and sensitive in its portrayals Breaking the Silence will be a beacon for those in the mental health professions trainees across the many related fields family members and anyone who is dealing with mental illness Its stark stories of pain denial and impairment along with its clear messages of hope courage and resilience will inspire for years to come

Mothers' Hassles and Skills in Managing Self-care and Grooming of Children with Autism and Sensory Processsing Dysfunction Kavita S. Patil,2004 *Ms. Magazine* Gloria Steinem,Robin Morgan,Joanne Edgar,Patricia Theresa Carbine,Nina Finkelstein,Letty Cottin Pogrebin,1996 **Against the Grain** ,2001 **Women's News** ,1997 *Chambers Biographical Dictionary* Camilla Rockwood,2007 International and historical coverage of all areas of human achievement including the arts science technology sport politics philosophy and business Detailed panel entries on particularly important or influential people such as Albert Einstein the Bronte sisters and Nelson Mandela *The Book Review Digest* ,2006

Why Did She Jump? an Angel to Remember Joan E. Childs,2005-07-29 Joan Childs daughter Pam was a clinical psychologist who experienced difficulties fitting into the normal world from an early age Only later in life did it become apparent that she had Bipolar I Disorder This is the story of her struggle and culminating death and a mother s reflections on its cause Childs chronicles her own journey from shock guilt and grief to peaceful acceptance from a filial standpoint both personal and professional **Is the Swing High or Low?** Wilma Cotton,2023-08-02 About the Book In *Is the Swing High or Low* author Wilma Cotton reveals the struggles she had with her bipolar daughter Andrea who succumbed to the evils of drugs as a method of self care While trying to be a supportive and loving mother Wilma struggled for years to find some

solution to her daughter's problems Counseling medication rehab nothing seemed to help So she did what any mother would do she loved her unconditionally anyway It is important to remember that mental health issues should be taken seriously and treated as illnesses much like diabetes or heart disease Is the Swing High or Low will help us open our eyes to symptoms early on so we can be proactive in obtaining the best possible treatment plan for our loved ones About the Author Wilma Cotten lives a simple life now in Upstate NY She resides in an old farmhouse that she shares with her 2 German Shephard rescues Over the years she has taken classes on parenting and brain disorders Her interests include sewing quilting reading and being outdoors She has a precious daughter who is the mother of her only grandchild

Mary Quite Contrary Gay Lagman-Creswick, 2007-08 How do you cope with family conflict that seems so overwhelming you don't know where to turn According to the National Institute of Mental Health there are more than twenty million people with Bipolar Disorder Gayle Carson Lagman Creswick believes there are millions more who go undiagnosed at least for a good part of their life people like her daughter Mary who wasn't diagnosed with the disorder until well into her thirties From violence to hospitalization to prison Lagman Creswick shares her experiences with Mary and the roller coaster of emotions and struggles that leads to her daughter's Bipolar Disorder diagnosis and subsequent treatment Through a combination of tenacity determination and patience Lagman Creswick learns how to balance the daily demands of a career and raising six kids Mary Quite Contrary is a beautiful story of how one family overcame the crippling effects of mental illness with unconditional love The determination and the ability to forgive by both mother and daughter is an inspiration to anyone dealing with family members or friends who may have a mood disorder

Perfect Chaos Linea Johnson, Cinda Johnson, 2025-09-23 The Johnsons were a close and loving family living in the Seattle area two parents two incomes two bright and accomplished daughters They led busy lives filled with music lessons college preparation career demands and laughter around the dinner table Then the younger daughter Linea started experiencing crippling bouts of suicidal depression Multiple trips to the psych ward resulted in a diagnosis of bipolar disorder and it took many trial runs of drugs and ultimately electroshock therapy to bring Linea back But her family never gave up on her And Linea never stopped trying to find her way back to them Perfect Chaos is the story of a mother and daughter's journey through mental illness towards hope From initial worrying symptoms to long sleepless nights to cross country flights and the slow understanding and rebuilding of trust Perfect Chaos tells Linea and Cinda's harrowing and inspiring story of an illness that they conquer together every day It is the story of a daughter's courage a mother's faith and the love that carried them through the darkest times

Losing Control Cassandra Joubert, Linda Thompson Adams, Jan Hutchinson, 2008 A true story Losing Control chronicles an African American mother's struggle with her daughter's mental illness which after more than a decade of help seeking heartache and confusion is finally determined to be bipolar disorder Her difficulties in managing symptoms of her child's illness the lack of social and emotional support and the grief this mother faces as the diagnosis is finally determined are vividly and courageously discussed A medical perspective on bipolar disorder

including definitions symptoms and treatment in a cultural context is provided Resources to help families deal with the stigma attached to mental illness and resources that can be helpful in managing its course are also provided

Searching for Normal Karen Meadows, 2025-07-30 Karen Meadows had a normal happy family until depression consumed her daughter Sadie a struggle that ended with Sadie's suicide at age eighteen In *Searching for Normal* Meadows shares her family's journey as she tries to help her daughter Sadie cope with her mental illness expertly intertwining her own storyline with excerpts from her daughter's diaries The years Meadows chronicles are characterized by Sadie's heartbreaking bouts of running away cutting and living with Portland street families while Karen and her husband desperately search for solutions trying medication hospitals therapy wilderness and residential treatment programs and more Ultimately however they find themselves confronted with the devastating shortcomings of the US's mental health system Including hindsight advice from Meadows along with an extensive list of resources that she wishes someone had provided her when she was trying to help Sadie this book will help parents of struggling teens feel less isolated and better equipped to navigate their teenager's mental illness Meadows also describes recent developments that are paving the way for better diagnoses and treatment options

Bathed in Blue Rona Ross, 2011-06-01 *Bathed in Blue* Richly Informative Ms Ross does not only give us a resourceful reference for bipolar disorder but also a fascinating narrative of her daughter's suicidal process By Dr Paul Wong Clinical Psychologist bipolar affective disorder is not going away and the sufferers at risk of suicide are more than 15 times at risk to succeed at taking their own lives Jennifer's story highlights that the early diagnosis and subsequent treatment for bipolar disorder needs to be improved Jennifer asked me to be her voice to tell her story The stigma of mental illness and high suicide rates renders sufferers invisible and after suicide mute Their stories buried or cremated with them I describe our difficulties to access help for Jennifer in acute and chronic situations in two different countries Jennifer describes her situation in the wards in the community and her struggle to be heard by her psychiatrist and her thoughts on suicide her treatment and her life After her fourth episode Jennifer sat down with me and asked why it was so hard to get the help she needed We decided together write about it Hence her personal writings I hope by writing this book that the illness can be better understood by professionals and the community I want the treatment to improve so much that the lives of chronic sufferers become more worth living and that suicide is taken seriously in sufferers with bipolar disorder and is no longer a high risk About the Author When Rona was twelve her father was committed to a locked ward in the local psychiatric hospital A short time later one of her aunts was also detained in the same hospital Happily both relatives recovered At seventeen Rona trained and worked as a Registered General Nurse in Scotland Her training included experience in this same psychiatric hospital where she worked on the same high security locked ward where her father was committed She also worked in Dr Naylor's famous metabolic unit for sufferers of manic depression Two decades later she visited her seventeen year old daughter Jennifer who was committed in a locked ward under section 28 of The Mental Health Act of 1984 over a six

year period Therefore mental illness is not a stranger to her Her two children were brought up in Hong Kong and both went to university in Britain She did her degree in Humanities in Hong Kong and at the same time she trained as a counsellor with two Non Government Organizations She has worked as a counsellor since 1988 As a young student she won prizes for writing at school She also encouraged Jennifer to write about her experiences as a manic depression sufferer and this book is the result of that Rona became Jennifer s voice for this book which is written for all those who want to further understand bipolar disorder She wants people to know the realities about mental illness and to promote understanding and help break down the stigma which surrounds mental illness

Is the Swing High Or Low? Wilma Cotten,2023-08 About the Book In Is the Swing High or Low author Wilma Cotten reveals the struggles she had with her bipolar daughter Andrea who succumbed to the evils of drugs as a method of self care While trying to be a supportive and loving mother Wilma struggled for years to find some solution to her daughter s problems Counseling medication rehab nothing seemed to help So she did what any mother would do she loved her unconditionally anyway It is important to remember that mental health issues should be taken seriously and treated as illnesses much like diabetes or heart disease Is the Swing High or Low will help us open our eyes to symptoms early on so we can be proactive in obtaining the best possible treatment plan for our loved ones About the Author Wilma Cotten lives a simple life now in Upstate NY She resides in an old farmhouse that she shares with her 2 German Shephard rescues Over the years she has taken classes on parenting and brain disorders Her interests include sewing quilting reading and being outdoors She has a precious daughter who is the mother of her only grandchild

I Just Want My Daughter Back B. C. Levinson,2009-04 A compelling narrative by a mother who lives with the turmoil of having a child with Bipolar 1 and the wide range of emotions that consume her as this illness takes over Levinson opens her heart to describe how one feels when this illness engulfs their lives I just want my Daughter back gives us a whole new perspective on Mental Illnesses Families suffering through the effects of mental illness quickly find themselves identifying with the writer s experiences as they discover ways they too can come to terms with Bipolar 1 I couldn t put this book down It s a heart wrenching story but one that gives hope through the many examples of how the author persevered and never gave up trying to hold her family together If there is Bipolar 1 disorder in your family you have to get this book Jon Goodspeed Editorial Director North Atlantic Books

As Quiet as a Mouse Molly Williams,Williams Molly Williams,2009-10 As Quiet as a Mouse is the story of the author s struggles with bipolar disorder and the events from her childhood that contributed to the illness Her psychiatrist encouraged her to write journals about her childhood and was amazed after reading them that she had not committed suicide by the time she was fourteen years old Writing the journals was an emotionally difficult task for her As she wrote about the things that happened to her she discovered that there were other incidents that had taken place in her life that were buried deep things that she really didn t want to remember Her story begins when she is first raped at the age of five Like most children who are raped and who are fortunate enough to survive the attack she never told anyone

what had happened to her because she feared their rejection Throughout her childhood and her teen years she suffered a great deal of unspeakable attacks all of which formed the basis for her eventual struggle with bipolar disorder She is telling her story now with the hope of helping other children who may be experiencing what she did

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Table of Contents Why Did She Jump My Daughters Battle With Bipolar Disorder

1. Understanding the eBook Why Did She Jump My Daughters Battle With Bipolar Disorder
 - The Rise of Digital Reading Why Did She Jump My Daughters Battle With Bipolar Disorder
 - Advantages of eBooks Over Traditional Books
2. Identifying Why Did She Jump My Daughters Battle With Bipolar Disorder
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Why Did She Jump My Daughters Battle With Bipolar Disorder
 - User-Friendly Interface
4. Exploring eBook Recommendations from Why Did She Jump My Daughters Battle With Bipolar Disorder
 - Personalized Recommendations
 - Why Did She Jump My Daughters Battle With Bipolar Disorder User Reviews and Ratings
 - Why Did She Jump My Daughters Battle With Bipolar Disorder and Bestseller Lists
5. Accessing Why Did She Jump My Daughters Battle With Bipolar Disorder Free and Paid eBooks

- Why Did She Jump My Daughters Battle With Bipolar Disorder Public Domain eBooks
- Why Did She Jump My Daughters Battle With Bipolar Disorder eBook Subscription Services
- Why Did She Jump My Daughters Battle With Bipolar Disorder Budget-Friendly Options
- 6. Navigating Why Did She Jump My Daughters Battle With Bipolar Disorder eBook Formats
 - ePub, PDF, MOBI, and More
 - Why Did She Jump My Daughters Battle With Bipolar Disorder Compatibility with Devices
 - Why Did She Jump My Daughters Battle With Bipolar Disorder Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Why Did She Jump My Daughters Battle With Bipolar Disorder
 - Highlighting and Note-Taking Why Did She Jump My Daughters Battle With Bipolar Disorder
 - Interactive Elements Why Did She Jump My Daughters Battle With Bipolar Disorder
- 8. Staying Engaged with Why Did She Jump My Daughters Battle With Bipolar Disorder
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Why Did She Jump My Daughters Battle With Bipolar Disorder
- 9. Balancing eBooks and Physical Books Why Did She Jump My Daughters Battle With Bipolar Disorder
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Why Did She Jump My Daughters Battle With Bipolar Disorder
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Why Did She Jump My Daughters Battle With Bipolar Disorder
 - Setting Reading Goals Why Did She Jump My Daughters Battle With Bipolar Disorder
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Why Did She Jump My Daughters Battle With Bipolar Disorder
 - Fact-Checking eBook Content of Why Did She Jump My Daughters Battle With Bipolar Disorder
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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